



COCHISE COUNTY JAIL MEDICAL
REQUEST FOR HEALTHCARE

Medical care will never be refused to any inmate

I request Healthcare services as follows (check one)

☐ Sick Call ☐ Dentist ☐ Prescription Refill
☐ Mental Health ☒ Other (specify) Nutrition; diet / Provider Sick call

Date: 8/12/19 Cell Location: SVF-4

Inmate/Patient Name: Childs, Samantha Booking #: 19 / 2472
112278 (Booking # not given)

Inmate / Patient Date of Birth: 12 / 15 / 1985
Please list any known drug allergies or circle NONE: PCN

SVF04

Wt. loss; diet at substitution
Nature of Compliant:

Even for protein/Fat & meals. Because I worked for years I am being held at substitution. My issue/concern is the diet here. Substitution, inmates instead their purpose is to temporary hold inmates until assigned from case or transferred to county. Therefore they do not follow the same dietary guidelines as the jail itself. My issue is this: The meals here are packed & I eat and more. I'm concerned that I am losing wt. and have zero energy, along w/ leg cramps, dizziness, and headaches. Outside of this (flip over)

By my signature below, I hereby indicate that I understand that I may be charged \$10.00 for Health care services obtained at my request, \$10.00 for each prescription, and a \$1.00 charge for each over-the counter medication. Those inmates who do not have any money in their account will be seen by the medical staff & a negative balance will be placed on the account. I understand that any charge for these services and/or prescriptions shall be withdrawn automatically from my trust fund account here at the Cochise County Jail. I will not receive a receipt for this withdrawal however; I may review the balance of my trust account as provided by facility procedures. In the event an inmate will not sign, please have an officer sign below in the witness signature spot.

[Signature]
Inmate/Patient's Signature

Date: 8/12/19

[Signature] 0920
Witness Signature & call number

Date: 08 / 11 / 2019

FAXED TO BISBEE JAIL MEDICAL 1442
08 11 2019

FAXED TO BISBEE JAIL

MEDICAL

08 11 2019

② 1442

CHILDS SAMANTHA

BKG 19-2472

112278

SVF04

On: 08/11/2019 I live on a high protein & moderate, high fat diet & regular intake of carbs.

The diet in which I have been given since incarcerated on the 1st is everything but that. The amount of protein is almost non-existent, and the carb intake is 90% of the diet. Carbs = sugar and do not equate to anything but short term energy where your sugar spikes are then plunges. Each time lower and lower & no long term energy and I feel it. This says abt considering I'm in a cell 23 out of 24 hours a day. My body is fastidied, I have zero energy and I can feel myself/and now see it losing wt. I worked very hard to get my wt over 100lbs and getting to 110lbs was monumental. I do not feel that it is fair that my physical well being suffer because I am locked at a substance. The conditions here are not up to par & how I was treated if I was at work and I would like the diet that I am being fed evaluated/compared to that of which is served in the prison. It is possible + would like an increase in protein or decrease in carb loading because the "yo-yoing" as to speak from the constant spiking/plunging in my sugar/ is not proving to be beneficial to my health, even & adequate hydration on my part.

A 10% wt gain/loss before being seen by medical is 11 lbs for me and would put me back under 100lbs before being eligible by your policy. I would like to be evaluated now considering the small gap diff my size and because I am already symptomatic. I also have yet to be seen for intake and have been here for almost 2 weeks and would like to make sure that I do not lose any more weight before being seen for intake and having that weight used as my starting point or determination factor for what I am asking. Thank you.